

Nurture Soap Starter Cold Process Kit Soap Making Instructions

What You Will Need to Make Soap

- The Nurture Soap Starter Cold Process Kit
- An accurate digital scale
- Measuring spoons
- Stick blender
- Silicone spatula
- Two medium size bowls
- One small bowl to measure lye
- Goggles
- Latex or nitrile gloves
- Respiratory mask when mixing lye

Notes:

Soapmaking bowls and containers must be able to withstand the heat of the lye and water solution. Do not use glass as it may crack due to heat. Aluminum will react with lye and cannot be used. We prefer using high density polyethylene (HDPE, recycling code #2) and polypropylene (PP, recycling code #5). You may read more about the appropriate soap making containers here: <https://classicbells.com/soap/lyeStorage.asp>

Always add lye to water. Never add water to the lye. This may result in instability in your solution. ONCE LYE IS ADDED TO WATER IT WILL BECOME EXTREMELY HOT! Use caution in this step of the soap making process. Wear gloves, long sleeves, and goggles to prevent injury and to avoid splashing the lye solution on the skin.

With safety in mind, we can prepare to make soap!

1. Prepare your station by setting the scale, contents of the Nurture Starter Cold Process Kit, bowls, and all items needed to make soap in a clean place with enough space to easily move around and have all items within reach.
2. Put on your goggles, mask and gloves and prepare to mix the lye solution.
3. Measure 2.8 ounces of lye into a small bowl.
4. Measure 6.6 ounces of water into a larger bowl (we need the bowl used to be big enough to hold 9.4 ounces of water/lye solution).
5. Slowly add the lye into the water with a silicone spatula until the solution heats up and becomes clear.
6. Rinse the spatula with water and set aside.
7. Wait about 2 hours for the solution to cool to room temperature.
8. Once the lye is cooled, add two teaspoons of sodium lactate. Stir gently to incorporate the sodium lactate. (The addition of sodium lactate will create a harder bar of soap that is easier to unmold and will help the bar last longer in the shower. It's basically a salt).
9. Shake the bottle of the Nurture Soap Oil Blend to mix the oils.

Nurture Soap Starter Cold Process Kit Soap Making Instructions

10. Measure 20 ounces of oils into a larger mixing container/bowl.
11. Add approximately half a sample size mica color of your choosing to the soap making oils.
12. Use the silicone spatula to scrape any mica off the sides of your mixing bowl and stir until the mica is fully incorporated into your oils.
13. Add 2 – 1 oz fragrance oils of your choice into your oils. Stir to mix well.
14. Slowly pour your water/lye solution into your oils. Submerge your stick blender into the oils and mix them in short bursts. This is where the magic happens!
15. Do not overmix! If you do the oils will become very thick and harder to pour into your mold. Watch for the oils to become more opaque and less translucent. When you can lift your stick blender and see trails of soap being left behind, your soap is ready to pour into the mold. This is called “trace.”
16. Once your soap reaches trace, carefully pour it into the mold. You may shake your mold *gently* to distribute the soap evenly.
17. Once your soap is done, put the mold with soap into a safe place where it will not be touched or disturbed for about 24 hours.
18. After approximately 24 hours you may remove the soap liner by pushing out with the holes in the bottom of the mold.
19. Remove the soap by pulling away the silicone liner from the soap. If it does not release easily you may have to wait a bit longer to unmold.
20. Once you have unmolded the soap you can cut into bars with a knife.

Congratulations! You’ve made soap! Let the soap sit for 4 weeks in a cool, well-ventilated spot. This is to allow the soap to cure. You can read more about curing here:

<https://classicbells.com/soap/cure.asp>

We hope you enjoyed making soap and hope you enjoy using it once cured!